



Am I at risk of type 2 diabetes?

Title Mr Mrs Ms Miss

Name

Date of birth

Address

Phone

Do you have Diabetes?

Yes No

Do you have a history of heart disease?

Yes No

Have you had diabetes whilst pregnant?

Yes No

Would you like to be contacted by the *Life!* program?

Yes No

Add up your score

What your score means

Your score shows how likely you are to develop type 2 diabetes within 5 years. If you scored **12 or more** you are at **high risk** of developing type 2 diabetes.

6 – 11 — medium risk

5 or less — low risk

This has been adapted from the Australian Type 2 Diabetes Risk Assessment Tool which was originally developed by the International Diabetes Institute on behalf of the Australian, State and Territory Governments as part of the COAG Diabetes reducing the risk of type 2 diabetes initiative.

PLEASE CALL TO DISCUSS MY RISK

Answer these questions to find out if you could develop type 2 diabetes

1. How old are you?

- 18 – 35 years 0 points
 35 – 44 years 2 points
 45 – 54 years 4 points
 55 – 64 years 6 points
 65 years or over 8 points

2. Are you male or female?

- Female 0 points
 Male 3 points

3. Your ethnicity/country of birth

a) Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No 0 points
 Yes 2 points

b) Where were you born?

- Australia 0 points
 Asia (the sub-continent), Middle East,
 North Africa, Southern Europe..... 2 points
 Other 0 points

4. Do you have a parent, brother or sister with diabetes (type 1 or type 2)

- No..... 0 points
 Yes..... 3 points

10. What is your clothing size (or measure around your belly button)

Men

- Small (less than 102cm) 0 points
 Medium (102 – 110cm) 4 points
 Large (more than 110cm) 7 points

Women

- Size 10 (less than 88cm) 0 points
 Size 12 (88 – 100cm) 4 points
 Size 14 (more than 100cm) 7 points

5. Have you ever been told you have high blood sugar (glucose)?

(in a health assessment, when you've been sick, or pregnant)

- No 0 points
 Yes..... 6 points

6. Do you take medicine for high blood pressure?

- No 0 points
 Yes 2 points

7. Do you smoke every day?

- No 0 points
 Yes 2 points

8. Do you eat vegetables or fruit every day?

- Yes 0 points
 No 1 points

9. Do you exercise for 30 minutes on most days?

- Yes 0 points
 No..... 2 points